REGINA metro®

NEWS WORTH SHARING.

It's the Bell Back to School Event!

Bell

Go back to school with Samsung.

Get amazing Samsung superphones on Canada's largest LTE network – it's faster in more places.[1]

Samsung Galaxy S4™
LTE superphone
2-yr. term with
Voice & Data Plus plan

$179.95

$699.95 No term

Samsung Galaxy Note II™
LTE superphone
2-yr. term with
Voice & Data Plus plan

~~$179.95~~

NOW:

$99.95

$729.95 No term

Samsung Galaxy S III™
LTE superphone
2-yr. term with
Voice & Data Plus plan

~~$129.95~~

NOW:

$49.95

$649.95 No term

Samsung Galaxy Ace II x
4G smartphone
2-yr. term with
Voice plan

~~$39.95~~

NOW:

$19.95

$249.95 No term

BONUS | DOUBLE YOUR DATA[2]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell getting a superphone just got better

Offer ends September 30, 2013. Available with new activation within network coverage areas available from Bell Mobility; see bell.ca/coverage. Long distance and roaming charges (including foreign taxes) may apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Sask: $0.62, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.70, Quebec: $0.40), and one-time device activation ($35) apply. Fees may apply for applications, features, content and roaming when outside your local area. If you end your services early, a fee will apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. **(1)** Based on total square kms of coverage on the shared 4G LTE network available from Bell vs. Rogers LTE network. See bell.ca/LTE for details. **(2)** Available with new activation on $45 Voice & Data Lite Promo, $60 & $75 Voice & Data Lite, $85 & $105 Voice & Data Plus plans. Galaxy S4, Galaxy Note II, Galaxy S III and Galaxy Ace II are trademarks of Samsung Electronics Co., Ltd., used in Canada under license.

REGINA metro®

NEWS WORTH SHARING.

P3 privatization will cost more in the end because YOU PAY for corporate profit.

ReginaWaterWatch.ca
306-988-1754

BACK TO SCHOOL MEANS BACK TO THE KITCHEN

CHEF MICHAEL SMITH'S SIMPLE ORGANIZING TIPS WILL HAVE YOUR SCULLERY FULL OF HAPPY YOUNG SCHOLARS PAGE 11

TICKETS: 1.800.970.7328 • ticketmaster.ca
spectraplace.ca @SpectraPlace facebook.com/SpectraPlace

Riding onward

Could this be the year?

Roughriders look to stay focused after torrid 7-1 start to CFL season

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Approaching the midway mark of the CFL season, the Saskatchewan Roughriders are giving their ferociously devoted fan base every reason to believe they'll be in the Grey Cup championship game in November at Mosaic Stadium.

Yet, as excitement over the Green and White's 7-1 start brews in Riderville, players and coaching staff are preaching focus as they prepare to host the cellar-dwelling Winnipeg Blue Bombers on Sunday in the Labour Day Classic.

"Anytime you play a Labour Day Classic, it's going to be a tough game," slotback Geroy Simon said on Sunday as the team arrived at Regina International Airport from Edmonton, where they edged the Eskimos 30-27 on Saturday.

"Those guys are fighting for their jobs, fighting for a win — we're not going to take anyone lightly."

While the Blue Bombers — who are 1-7 and laughable with their play in recent games — co-own the league's worst record, Simon said he's relishing the opportunity to take to the field for the famed, annual matchup.

"That's one of the reasons I wanted to come here — I wanted to play in the Labour Day Classic," he said.

"It's going to be a great opportunity, and I look forward to it."

After suffering their first defeat of the season to the Calgary Stampeders earlier this month, the Riders have had their hands full in the past two weeks — narrowly scraping by the struggling Eskimos and Montreal Alouettes.

The victory in Edmonton may not have been the prettiest, though head coach Cory Chamblin said it's the end result that counts.

"It was a tough game — those guys were prepared," added defensive end John Chick.

"We found a way to win, and to win on the road. That's huge for us."

In a seesaw battle with repeated lead changes, Chick credited the Riders' defence and running game for keeping Saskatchewan in it.

"That's the key," he said. "We can run the ball — and our defence can make crucial stops in crucial situations."

Running back Kory Sheets' breakthrough season continues to dominate headlines, with the Purdue University product on pace to rush for more than 2,000 yards this season following a 139-yard performance in Edmonton.

"I'm not thinking about it now," Sheets said of his run toward the 2,000-yard mark. "But it's in the back of my head."

Got their game faces on

"Those guys are fighting for their jobs, fighting for a win — we're not going to take anyone lightly."

Slotback Geroy Simon, on the Riders' upcoming Labour Day Classic matchup with the cellar-dwelling Blue Bombers.

Saskatchewan Roughriders running back Kory Sheets addresses the media on Sunday as the team returned home following a 30-27 victory over the Eskimos in Edmonton. Inset: Sheets runs for one of two touchdowns in the come-from-behind win on Saturday.

MARCO VIGLIOTTI/METRO; INSET: JOHN ULAN/THE CANADIAN PRESS

Vote YES!

P3 privatization will cost us more.
In this secret deal we'll pay for 30 years of corporate profits.

Pledge to vote YES:
Text "YES" to 306-988-1754
ReginaWaterWatch.ca

Regina Water Watch

Offers in effect Monday August 26th through Thursday August 29th, 2013 unless otherwise stated, while quantities last

SEARS outlet

Sears Quality....Outlet Prices....*Everyday.*

Tuesday is Seniors' Discount Day
Seniors 55 and Up will SAVE an additional **15%**
off the already reduced prices on all Fashions in the store
When They Use Their Sears Financial™ Credit Card

HUGE SELECTION OF FAMILY FASHIONS

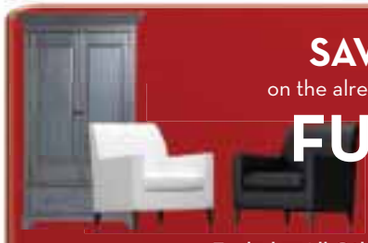
$9.72 ea.
or Less
1000s OF ITEMS ARRIVING DAILY!

SAVE an additional **25%**
off the already reduced prices on all
Women's Tank Tops & Bathing Suits
When You Use Your Sears Financial™ Credit Card
Excludes All Other Savings Offers

All Women's Open Toed Shoes & Sandals
$9.72 ea.
or Less
Excludes All Other Savings Offers

SAVE an additional **25%**
off the already reduced prices on almost all
Children's T-shirts, Shorts & Swimwear
When You Use Your Sears Financial™ Credit Card
Excludes All Other Savings Offers

SAVE up to **50%** on Selected
MAJOR APPLIANCES
When You Use Your Sears Financial™ Credit Card
Look for the Yellow Starburst or Red Clearance Tag
as your Key to Savings



SAVE up to **10%**
on the already reduced priced on almost all
FURNITURE
When You Use Your
Sears Financial™ Credit Card
Excludes All Other Savings Offers

Sole™ Treadmill
Was $1999.99
Now Only **$658 ea.**
#29205
Excludes All Other Savings Offers

Char-Broil® Barbecue
Was $99.99 Then $79.99
You Pay Only **$49.99 e a.**
#90330
When You Use Your Sears Financial™ Credit Card
Excludes All Other Savings Offers

SAVE an additional **40%**
off the already reduced prices
on almost all
Duvet Covers & Double-size Sheets
When You Use Your Sears Financial™ Credit Card
Excludes All #195XXX Items

Sears Outlet Store
1908 7th Ave.
Regina SK

Store Hours
Monday - Friday 9:30 am - 9 pm
Saturday 9:00 - 6 pm
Sunday & Holidays 11am - 5 pm

Sears Catalogue Shopping
Ask About ship-a-gift
www.sears.ca
1-800-267-3277 (24hr)

†Sears® Financial™ MasterCard® Sears Financial™ Voyage™ MasterCard® or Sears Card offers are on approved credit. Personal shopping only. Savings offers do not include Parts & Service or Sundry Merchandise, Items with #195XXX & Sears 'Value' Programs with prices ending in .97. All merchandise sold "as is" and all sales final. No exchanges, returns or adjustments on previously purchased merchandise; savings offers cannot be combined. No dealers; we reserve the right to limit quantities. Prices do not include home delivery. Although we strive for accuracy, unintentional errors may occur. We reserve the right to correct any error. 'Reg.', 'Was' and 'Sears selling price 'refer to the Sears Catalogue or Retail store price current at time of merchandise receipt.Sears® MasterCard, Sears Voyage MasterCard or Sears Card offers are on approved credit. Sears® and Voyage™ are reregistered Trademarks of Sears, licensed for use in Canada.®/™-MasterCard and the MasterCard Brand Mark are registered trademarks of MasterCard International Incorporated. Sale priced merchandise may not be exactly as illustrated. Offers valid at Sears Regina Outlet Store shown only. For other hot deals, visit the Outlet Site at www.sears.ca/outlet© 2013 Sears Canada Inc.

Wallin's woes continue as $10.2M settlement approved

Oilsands Quest Inc. Lawsuit said company and directors overstated value of assets by $136 million

A U.S. court has approved a multimillion-dollar settlement in a securities fraud class-action lawsuit against a bankrupt energy exploration company for which embattled Sen. Pamela Wallin was a director.

Between June 2007 and December 2011, Wallin was a paid member of the board of Oilsands Quest Inc., a Calgary-based exploration company. As a director, the Saskatchewan senator was named in the lawsuit along with fellow board members, TD Securities and Calgary consulting firm McDaniel and Associates.

The lawsuit, filed by investors in United States District Court in New York in 2011, alleged that Oilsands Quest and its directors overstated the value of the company's assets by $136 million.

"Through a series of false and misleading press releases, investor presentations and accounting manipulations, defendants fraudulently pumped up Oilsands Quest's stock price by portraying Oilsands Quest as the largest owner of valuable rights to bitumen in Saskatchewan's oilsands, creating a modern-day gold rush for what defendants knew to be largely worthless mining rights," reads the original court document.

The firm filed for bankruptcy protection in November 2011 and for Chapter 15 protection in a U.S. bankruptcy court in February 2012. Its assets have been sold to Cenovus Energy.

Earlier this month, United States District Judge Jed Rakoff signed off on a $10.2-million settlement that gave claimants about .36 cents on the dollar.

Oilsands Quest has denied all allegations. The firm decided it would be "desirable and beneficial" to settle because litigation could have dragged on.

As a director, Wallin earned nearly $648,000 in cash and offered option awards, the court documents said. She resigned shortly after Oilsands Quest went into receivership.

THE CANADIAN PRESS

Sen. Pamela Wallin speaks to reporters outside a Senate committee hearing on Parliament Hill in Ottawa on Aug. 12. A U.S. court has approved a multimillion-dollar settlement in a class-action lawsuit against a bankrupt energy exploration company for which Wallin was a director. PATRICK DOYLE/THE CANADIAN PRESS

Invasion took a new direction this year

Motorcycle stunts at the Summer Invasion at Wascana Park.
MARCO VIGLIOTTI/METRO

The latest edition of SaskTel's Summer Invasion, which wrapped up Sunday, represents a new direction for the annual action sports and musical festival, says organizer Doug Elder.

"The event's really gone from what originated as more of a sporting event to a sporting and live music event, and now it's evolving more into a sporting, live music and arts festival," Elder told Metro on Sunday, referring to the addition of a huge aquatic mural by graffiti artist David Loran and the participation of the MacKenzie Art Gallery. "We don't want to be thought of just as action sports. We feel we have grown beyond that."

In addition to the growing artistic element, Elder pointed to a renewed focus on the event's live music component.

"We had three stages this year, with over 30 bands and artists participating — many of them Saskatchewan-based," he noted.

Other highlights from this past weekend's festivities included musical performances by Dragonette and Down With Webster, as well as gravity-defying wakeboarding and motorcycle-jumping displays.

Overall, Elder said the event drew more than 10,000 people to the legislature grounds — which he said is a typical figure for the festival.

Concert-goers Jonathon Seidle and Ariadne Bissett said the festival is a refreshing change from Regina's traditional entertainment.

"It's something you don't usually see in Regina," said Bissett,

"The difference is nice," added Seidle.

MARCO VIGLIOTTI/METRO

Soccer

Saskatchewan athlete gets his kicks at major league tryout

A young Saskatchewan soccer player is getting a shot at the pros.

Twenty-year-old Brett Levis, a mid-field attacker with the University of Saskatchewan Huskies soccer team, is one of the first athletes to work his way through Saskatchewan channels toward the ranks of Major League Soccer (MLS), and is halfway through a 10-day tryout with the Vancouver Whitecaps.

Whitecaps head coach Martin Rennie says while Levis has a lot of work to do before he's at the MLS level of play, he's impressed by what the Huskies striker has to offer.

"He's only been here a few days so far, but he's done well and seems to be enjoying it," Rennie said in a phone interview from Vancouver.

"Obviously, it takes a little bit just to get used to the speed of play and the different tempo … but I think he's handled it quite well."

Levis — who was born in Regina and grew up in Saskatoon — said he's enjoying the experience and feels he's gained a lot from veteran pro players.

"It's amazing to be in this professional environment," he said.

"The guys, like Nigel Reo-Coker and a lot of the older guys, are very welcoming. So it's just amazing to be a part of it, and the experience itself will hopefully help me develop as a player."

Levis starts his second half of the trial this week, and could hit the field in a game for reserve players against the Seattle Sounders on Monday, pending a decision by the Whitecaps coaching staff.

Brett Levis battles against Winnipeg Wesmen midfield defender Adam Bromley.
COURTESY SCHAEFER/HUSKIES ATHLETICS

MORGAN MODJESKI/METRO SASKATOON

Joy for what was, woe for what will not be

Sarah Harper, the girlfriend of Christopher Lane, releases a balloon to celebrate Lane's life during the Chris Lane Memorial Game at the Essendon Baseball Club on Sunday in Melbourne, Australia. Australian Chris Lane was shot dead in Duncan, Okla. Three teenage males have been accused. Police said one of the accused told investigators that the three were "bored" and decided to kill for the "fun of it." SCOTT BARBOUR/GETTY IMAGES

Migrants killed by train derailment in Mexico

A notorious cargo train known as "the Beast," carrying at least 250 Central American hitchhiking migrants, derailed in a remote region of southern Mexico on Sunday, killing at least five and injuring 17, authorities said.

The train company and rescue workers were bringing in two cranes to help search for more victims among the derailed cars, officials said. Thousands of migrants ride the roofs of the cars on their way north each year, braving brutal conditions for a chance at crossing into the U.S.

The Tabasco state government said at least 250 Honduran migrants were on the train heading north from the Guatemala border. Heavy rains had loosened the earth beneath the tracks and shifted the rails, officials said.

Turned away

32,000

The number of Hondurans deported by the U.S. last year. Authorities say it's hard to estimate the true number crossing north.

Honduran President Porfirio Lobo set up a call centre for families to learn information about their loved ones.

The head of civil protection for Mexico's Interior Department, Luis Felipe Puente, released a list of 17 Hondurans ranging in age from 19 to 54 who were taken to two regional hospitals. Six of them were in serious condition, according to the list he published on Twitter.

Tabasco state Civil Protection chief Cesar Burelo Burelo said the accident happened at 3 a.m. in a marshy area surrounded by lakes and forest that is out of cellphone range.

The Red Cross said dozens of soldiers, marines and civilian emergency workers rushed to the area, which ambulances couldn't reach.

While the number of Mexicans heading to the U.S. has dropped dramatically, there has been a surge of Central Americans making the 1,600-kilometre journey, fueled in large part by the rising violence brought to their homelands by the spread of Mexican drug cartels.

THE ASSOCIATED PRESS

Trudeau's toke tale aimed at dispelling smoke and mirrors

Transparency. Liberals hope host of measures will bring more public support than trouble

Justin Trudeau's call to legalize weed has the added benefit of appealing to those who normally vote NDP, strategists contend. FRANCIS VACHON/THE CANADIAN PRESS FILE

There is method to Justin Trudeau's reefer madness.

His willingness to confess his past proclivity for puffing pot is part of a strategy to brand the Liberal leader as a different kind of politician — one who's transparent, even to a fault.

It's a risk that could pay off big or blow up in his face, Liberal insiders acknowledge.

His voluntary admission last week that he took a pull on a joint at a dinner party three years ago — while he was an MP — wasn't the first example of Trudeau's perilous frankness and it won't be the last.

During the leadership contest last spring, Trudeau voluntarily disclosed all his sources of income, including more than $1 million earned on the public-speaking circuit.

The fact that he continued to accept hefty speaking fees from charitable groups and educational institutions after being elected as an MP sparked sufficient backlash that he eventually offered to refund any dissatisfied group. In the end, none took him up on the offer.

"It's the type of leadership that (Canadians) have been waiting for," Liberal House leader Dominic LeBlanc wrote on the pot controversy in a blog on the party's website last week.

"Rather than duck and dodge, our leader gave straight answers to tough questions."

The commitment to transparency isn't going to be confined to the leader, however.

During a three-day caucus retreat in P.E.I. that begins Tuesday, Liberal MPs and senators are to be presented with a template for publicly disclosing their expenses online. That's in keeping with a promise made by Trudeau last spring amid the uproar over the Senate expenses scandal.

MPs will also be given a rundown on how the party intends to handle Trudeau's pledge to hold open nominations in every riding across the country, forgoing the leader's power to appoint candidates or protect incumbents from challenges.

THE CANADIAN PRESS

'Discrimination' or not?

FIFA awaits reply on Russia's gay law

FIFA President Sepp Blatter expects a reply within days from the government in Russia, the 2018 World Cup host, after requesting clarification of its law prohibiting gay "propaganda."

Blatter said Sunday that he asked "by letter and by personal contacts" President Vladimir Putin for details about legislation which has provoked an international furor ahead of the 2014 Sochi Olympics.

FIFA legal statutes state that discrimination is "punishable by suspension or expulsion" for individuals in football or member federations.

THE ASSOCIATED PRESS

Netherlands

Protesters mock Putin over policy

More than 2,000 people protested in Amsterdam on Sunday, condemning the Russian government's homosexuality policies.

An enormous blow-up doll caricature of Russian President Vladimir Putin stood bare-chested and draped in a rainbow flag.

Mayor Eberhard van der Laan hopes it sent the message that "love is not propaganda." The two countries have named 2013 as a year to celebrate historical ties — but Van der Laan declined to meet with Putin when he visited in March, sending a lesbian councilwoman in his place. THE ASSOCIATED PRESS

Myanmar

Buddhist mob sets Muslim homes, businesses ablaze

Members of a 1,000-strong Buddhist mob torched dozens of buildings in Myanmar following rumours that a Muslim man tried to sexually assault a woman, officials and witnesses said Sunday, as the country was again gripped by sectarian violence. State TV reported that about 42 houses and 15 shops were burned — most belonging to Muslims.

The unrest began last year, when nationalist Buddhists accused a Muslim community of illegally entering the country and encroaching on their land.

THE ASSOCIATED PRESS

ROGERS™ authorized dealer

REGINA

Teleco
864 Victoria Ave. E
(306) 352-6600

Teleco
1501 Albert St.
(306) 525-5000

North Gate Mall
(306) 949-5395

Southland Mall
(306) 949-5397

SASKATOON

AirSource
718 Circle Dr. E
(306) 955-2355

AirSource
2002 8th St. E
(306) 955-2357

AirSource
Centre at Circle and 8th
(306) 955-1955

AirSource
Midtown Plaza
(306) 955-5799

AirSource
Confederation Mall
(306) 955-4399

ROGERS™ authorized dealer · WIRELESSWAVE · WIRELESS etc... · FUTURE SHOP · Tbooth wireless · BEST BUY · THE MOBILE SHOP Exclusively where President's Choice products are sold. · LONDON DRUGS

The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. MOTOROLA and the Stylized M Logo are trademarks of Motorola Trademark Holdings, LLC. All other trademarks are the property of their respective owners. Offers subject to change without notice. *Available to new and existing customers with new activation or upgrade on select plans until Sept. 30, 2013. Eligible National Plans: $50, $60 or $75 Smart Picks plan and $85 or $105 individual plan or $140 or $160 Family Plan (each with monthly or 2-yr. term). Device eligibility varies by plan and term selected. See in-store for full details. **1** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. TM ©2013 Rogers Communications

Syria OKs chemical attack investigation

UN probe. Several countries urge military action if strike alleged to have killed more than 300 is verified

Syria agreed Sunday to a UN investigation into last week's alleged chemical weapons attack outside Damascus — a deal a senior White House official dismissed as "too late to be credible," saying the United States has "very little doubt" President Bashar Assad's forces used such weapons.

The hardening of the U.S. position came as calls for military action grow. In a sign the U.S. may be a step closer to an armed response, naval forces have already been dispatched toward Syria's coastal waters, although President Barack Obama has cautioned against a hasty decision.

With France, Britain, Israel and some U.S. congressmen urging swift military action against Assad's regime if the use of chemical agents is confirmed, the UN team's conclusions could have a dramatic impact on the trajectory of the country's civil war.

The agreement struck in Damascus calls for UN experts already in the country to begin an investigation Monday into the suspected chemical attack on rebel-held areas in the capital's eastern suburbs.

Anti-government activists and Doctors Without Borders say that more than 300 people were killed in an artillery barrage by regime forces Wednesday that included the use of toxic gas. The government calls the allegations "absolutely baseless."

THE ASSOCIATED PRESS

Applying pressure

Baird, Harper share outrage with leaders

John Baird
THE CANADIAN PRESS

Foreign Affairs Minister John Baird and other western leaders applied more pressure on Syria on Sunday, with a call for Syrian authorities to allow the United Nations access to the site of last week's alleged chemical attack.

Officials in Baird's office said he had separate phone conversations on Sunday with U.S. Secretary of State John Kerry and the Foreign Minister of the French Republic, Laurent Fabius. He spoke with British Foreign Secretary William Hague on Friday.

The ministers "shared their outrage" about recent events in Syria, especially the purported use of chemical weapons, said a foreign affairs official in an email.

Prime Minister Stephen Harper also was pulling the diplomatic levers over the weekend, discussing the situation in Syria by phone in separate conversations with British Prime Minister David Cameron and French President Francois Hollande.

THE CANADIAN PRESS

Black columns of smoke rise from heavy shelling in the Jobar neighbourhood, east of Damascus, Syria, Sunday. UN inspectors will have to traverse through both government-held and opposition-controlled turf to conduct their probe into an alleged chemical weapons attack. HASSAN AMMAR/THE ASSOCIATED PRESS

Saudi Arabia

Another dies of SARS-like illness

Saudi Arabia says one more man has died from a new respiratory virus related to SARS, bringing to 40 the number of deadly cases in the kingdom at the centre of the growing outbreak.

The Saudi Health Ministry said Sunday the 51-year-old man who died in Riyadh was also suffering from cancer and other chronic diseases.

THE ASSOCIATED PRESS

Iraq

Attacks kill at least 46 people

Insurgents bent on destabilizing Iraq killed at least 46 people in numerous attacks scattered around the country on Sunday, striking targets as varied as a coffee shop, a wedding party convoy and a carload of off-duty soldiers.

The attacks are part of a months-long wave of killing that is the country's worst spate of bloodshed since 2008, calling into question the security forces' ability to protect the country.

THE ASSOCIATED PRESS

Indian Bollywood actress Sonam Kapoor, right, holds a banner as she participates in a protest against the gang rape of a photojournalist in Mumbai, Sunday. Under intense pressure, police have acted quickly to hunt down the five suspects in the case. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Last arrests made in gang rape

Police on Sunday arrested the last of five men wanted in the gang rape of a photojournalist in Mumbai, and said charges would be filed soon in a case that has incensed the public and fuelled debate over whether women can be safe in India.

The victim, a 22-year-old Indian woman, said she was anxious to return to work after Thursday night's assault, in which five men repeatedly raped her while her male colleague was beaten and tied up in an abandoned textile mill in the country's financial capital.

"Rape is not the end of life," the woman told the Times of India. A statement from Jaslok Hospital, where she has been since the attack, said her condition was being monitored but that she was "much better" and was being visited by family. Indian law forbids identifying rape victims by name.

Police arrested the fifth suspect Sunday in New Delhi, the capital, after rounding up the other four in Mumbai.

"We will file a comprehensive charge sheet soon," said Mumbai's police commissioner, Satyapal Singh, assuring that police had the evidence to prosecute the suspects, including the victim's testimony and medical samples taken at the hospital after the assault.

THE ASSOCIATED PRESS

India. Hundreds of Hindus detained for defying ban on contentious pilgrimage

Authorities on Sunday detained hundreds of Hindu nationalists in northern India for defying a ban on pilgrimages to a disputed holy site that has been the cause of deadly clashes between Hindus and Muslims.

The city of Ayodhya, 550 kilometres east of New Delhi, has been under heavy security since last week, when the Uttar Pradesh state government announced a ban on the pilgrimages for fear of communal violence. Most shops are closed and people are staying indoors.

Members of the nationalist organization Vishva Hindu Parishad insisted they would go ahead with the 19-day pilgrimage, saying it was justified as a religious event, not a political one.

Police said more than 500 people, including the organization's leaders, were detained either in Ayodhya or on their way to the disputed 64-acre religious site on the event's first day Sunday. THE ASSOCIATED PRESS

Ayodhya

Muslims revere the site as the former location of the 16th century Babri Mosque, while Hindus say it is the birthplace of their god Rama and that a temple to him stood on the site before the mosque.

A Hindu holy man talks to a security officer deployed near a Hindu temple in Ayodhya, east of New Delhi, Sunday. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

NSA scandal. Halt U.S. trade talks, insists Merkel's rival

German Chancellor Angela Merkel's election challenger says he would suspend negotiations with the U.S. over a trans-Atlantic free trade agreement until Washington clarifies details about National Security Agency surveillance programs.

Social Democratic leader Peer Steinbrueck, who is running for chancellor Sept. 22, said Sunday on ARD public TV that "I would interrupt the negotiations until the Americans say if German government offices and European institutions are bugged or wiretapped."

He criticized Merkel's government for talking to Washington about a deal that would eliminate regulatory trade barriers between the EU and U.S., while at the same time "we don't know if the Americans may be sitting under our desks with some technical devices."

Germany's independent privacy watchdogs say the surveillance programs breach an EU-U.S. pact meant to ensure cross-border data protection. THE ASSOCIATED PRESS

A visitor holds a postcard of German Chancellor Angela Merkel before asking for her autograph during an annual open-house day at the Chancellery Sunday in Berlin. SEAN GALLUP/GETTY IMAGES

Publishing. More Salinger books planned, new bio says

The authors of a new J.D. Salinger biography are claiming they have cracked one of publishing's greatest mysteries — what The Catcher in the Rye novelist was working on during the last half century of his life.

Starting sometime between 2015 and 2020, a series of posthumous Salinger releases are planned, according to co-authors David Shields and Shane Salerno, whose biography, called Salinger, will be published Sept. 3. The Associated Press obtained an early copy. Salerno's documentary on the author is scheduled to come out Sept. 6.

Providing by far the most detailed report of previously unreleased material, the book's authors cite "two independent and separate sources" who they say have "documented and verified" the information.

The Salinger books would revisit Catcher protagonist Holden Caulfield and draw on Salinger's Second World War years and his immersion in Eastern religion. The material also would feature new stories about the Glass family of Franny and Zooey and other Salinger works.

J.D. Salinger at home in Cornish, N.H., with Emily Maxwell, his editor at The New Yorker. THE STORY FACTORY/THE ASSOCIATED PRESS FILE

Salinger does not identify a prospective publisher. Spokesman Terry Adams of Little, Brown and Company, which released Catcher and Salinger's three other books, did not immediately respond to requests for comment. Salinger's son, Matt Salinger, who helps run the author's literary estate, was not immediately available for comment. THE ASSOCIATED PRESS

Housing

Canadian firm to build 10,000 homes in Jamaica

A Canadian firm has signed a four-year agreement with Jamaica's government to build 10,000 homes. The island's housing ministry says Commonwealth Corporate Support Services will launch the $705-million project this year. The project aims to provide housing for Jamaica's middle class. THE CANADIAN PRESS

Education

N.Y. sues over Trump University

New York's attorney general has sued Donald Trump for $40 million US, saying the real estate mogul helped run a phoney Trump University that promised to make students rich but instead steered them into expensive and mostly useless seminars, and even failed to deliver promised apprenticeships. THE ASSOCIATED PRESS

Oil

B.C. worries spill would overwhelm response efforts

Officials in British Columbia privately warned the province lacks the ability to manage oil spills from existing and future oil traffic, and even a moderate spill would overwhelm their ability to respond, documents show. The notes were written by B.C. environment ministry bureaucrats. THE CANADIAN PRESS

Doping

U.K. paper settles with Armstrong

British newspaper The Sunday Times has reached a settlement with Lance Armstrong after suing the cyclist to recover damages from a libel settlement. The paper paid Armstrong 300,000 pounds (now about $490,000) in 2006 to settle a case after printing claims that he took performance-enhancing drugs. THE ASSOCIATED PRESS

Hurry in to get up to a $100 bonus gift[1] on select smartphones.

Plus, more deals on other great phones!

Clear your Tab within 24 months, guaranteed!

Samsung Galaxy Ace II™ x
$0 With Tab Small[2]

Samsung Galaxy S III™
$0 With Tab Large[2]

Offer ends September 12, 2013.

koodo™

BEST BUY · FUTURE SHOP · LONDON DRUGS · THE MOBILE SHOP · Walmart

koodo shop
Cornwall Centre
Southland Shopping Centre

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

OWN UP TO YOUR ACTIONS, WALLIN

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

The bill for Pamela Wallin's bogus Senate expenses keeps growing.

The final count: The senator for Saskatchewan owes the Canadian people $138,970 for ineligible travel expense claims.

She also owes us an apology, starting with the people of Saskatchewan. If you follow the pattern of her disallowed expenses, she did a better job representing the Conservative party or the business community of Toronto than she did representing the people of her home province.

Then she should move on to the rest of the Canadian people, because she charged them for meals and travel to do things like attend a reception for a Polish dissident or break bread with the "chair of a media corporation, regarding media issues."

No doubt these discussions were vital to the future well-being of Confederation.

But if we're waiting for an apology from the senator, we'll have to pound sand, as she's already said the audit disallowing her claims was "fundamentally flawed and unfair."

I don't want to sound like a scold, but somebody needs a scolding and a symbolic whack on the side of the head with a thimble.

There's nothing wrong with claiming expenses when on authorized business relevant to your portfolio, but Sen. Wallin's failure to understand the degree to which she has stretched a point is troubling. All of the bad boys and girls of the Upper Chamber have apparently forgotten that it is a privilege to serve the people of Canada, and that they're already well-paid without making bogus expense claims.

Sen. Wallin's file is in the hands of the RCMP, who will determine whether there has been any criminal activity, which is perhaps why she's reluctant to admit guilt. But it really is time for the senator to come to her senses. It wouldn't hurt if fellow expense account bandits Duffy, Harb and Brazeau also come to theirs at the same time. And we'd like to hear a little common sense and contrition from the prime minister who appointed them, except for Harb. That was Jean Chrétien's fault.

Some will argue that we shouldn't pick on a few senators when the entire institution is founded on the rotten beams of anti-democratic, anachronistic privilege. But we've got to rediscover "public service" and "accountability," and we might as well start with their least dedicated adherents.

Sen. Wallin is a smart person with a distinguished track record as a journalist. A little courage and dignity from her can go a long way. This country is sick, and healing has to come from within. Senator Wallin's hometown of Wadena is right in the heartland of the nation. It's a good place to start.

Build trust, take accountability

We've got to rediscover "public service" and "accountability," and we might as well start with their least dedicated adherents.

ZOOM

On paper, they're famous stars

COURTESY GILES OLDERSHAW

Showbiz icons cut out of cardboard

An artist in Oxford, England, has turned discarded cardboard into portraits of iconic Hollywood stars. Giles Oldershaw, 59, stripped and added layers of the stiff paper packaging to highlight each personality's facial features. Those portrayed include, clockwise from top left: Audrey Hepburn, Marlon Brando, Marilyn Monroe and Alfred Hitchcock. METRO

Q and A

One man's trash

GILES OLDERSHAW
Artist, 59, from Oxford, England

What's your technique?
With one eye on a photograph of the star, I use a scalpel and a pair of tweezers to remove layers of cardboard to create defining features.

Where did your love for cardboard come from?
I grew up in the outback of Australia, my family was very poor and I didn't have many toys. Instead, I got used to using found objects from the local dump.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I spent a big chunk of this weekend travelling, which means I also spent a big chunk of it whiling away the commute on iOS games. These are the games I was playing:

Plants vs. Zombies 2:

The wildly anticipated sequel to Popcap's wildly successful flora versus the undead is finally out. Plant aggressively defensive plants with varying abilities in front of your house to keep it safe from the invading zombie horde. The choice to go freemium was controversial, and I'm on the anti-side. The in-app purchasing is handled fairly well, but I would have been much happier to pay a few dollars for the full game. (iOS/Free)

Clash of Clans:

Another addictive free-to-play time-suck, Clash of Clans is a little older but new to me. Build a village containing all the buildings and supplies your average tribe of fearsome warriors may need. Hone your battle skills with skirmishes against the game's AI armies to prepare for the first invasion from a real-life player. It's all huge fun. (iOS/Free)

Fetch:

A heart-melting, point-and-click adventure starring a boy and his dog — or a boy and a search for his dog, rather. Aimed squarely at younger gamers, the storybook presentation and colourful cast of characters will hook anybody who doesn't have a heart of stone. (iPad/$4.99)

Twitter

#VMAs #timeless

@VictoriaJustice: So excited for the VMA's... heard there might be an @NSYNC reunion :O Anyone else watching? #VMA

@troyesivan: Waking up extra early today to watch the #VMAs live, because time zones are a thing

@maggiewrobel: N Sync reunion pending, I would also accept JT performing 'Justified' in its entirety

@SoVeryAwkward: That awkward moment when you're irrationally excited for the #NSYNC reunion tonight. #VMAs

@mikesbloggity: Wake me when there's a Moffatts reunion. #VMAs

@jennxpenn: So proud of my friends @jccaylen @alexalosey & @LOHANTHONY at the VMAs. Such a cool experience, hopefully one year I can go too! #VMAs

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Stay-at-home socialites

Slice's newest clique under the microscope is a group of six well-off ladies living with their parents on Long Island. But the young women of Princesses: Long Island want you to know that beneath the expensive bags and the Jimmy Choos are six girls just trying to make it in the world. Here's a look at each of them. Princesses: Long Island premieres Monday. **METRO**

Chanel (Coco) Omari, 28

Chanel grew up in a modern Orthodox Jewish family and dreams of one day becoming a talk show host.

On moving back home: "We went through what everybody went through with the economic crisis. We all lived in the city at some point; we all tried to manage, and we couldn't, so we had to move back home. It doesn't mean that we're all not trying to find our independence."

Casey Cohen, 28

The leggy blond is probably the least Long Island of the bunch — she spends her days working up a sweat at SoulCycle and lounging at the SoHo house rooftop. At night, she waitresses at trendy Meatpacking spot 1 Oak.

On relying on her girlfriends "Every girl wants to be a princess. I want to find that prince, but I haven't, so we have each other to go through that process."

Ashlee White, 30

Though she loves living at home with her best friends (her parents), Ashlee looks forward to the day that she can be a stay-at-home mom and treat her husband like royalty. Fun fact: Her parents have a pool in the shape of an Absolut bottle.

This ain't no Jersey Shore: "Right now everyone is getting to know our names, and I can't wait for them to really know our stories, because we're so relatable, and once they hear our stories, the stereotypes — I feel like — will just disappear."

METRO IS TUNED IN TO THE NEW TV SEASON ALL THIS WEEK. PICK US UP DAILY OR VISIT METRONEWS.CA

Erica Gimbel, 29

Erica loves singing, dancing, hitting the beach and spoiling her two Cavalier King Charles spaniels.

Mall day or beach day? "Roosevelt Field stresses me out. Me and Amanda can be seen on the beach with SPF maybe four or eight with sunshields."

On being a Princess: "We're all very comfortable in our own skin, and we're all confident and unapologetic on who we are."

Amanda Bertoncini, 27

Amanda lives with her mom and runs her company, The Drink Hanky, which makes beverage sleeves to keep drinks warm and cool. She met her main squeeze, Jeff, on the Long Island Railroad.

Where to find her this summer: "I love Long Beach."

No horse-drawn carriage for her: "This princess rides the subway. I just have no patience. I just want to get there. When I drive in the city, I just want to, like, run over someone. Not literally."

Joey Lauren, 30

Joey moved out of the city and back with mom and dad after getting her heart broken. She's currently working on growing her business, Kissamint LLC, which packages lip gloss and breath fresheners together in one unit.

Where to find her on a summer day: Field 4 at Jones Beach

On potential suitors from outside Nassau County: "If I was trying to find love that wouldn't matter to me."

metro
News worth sharing.

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

iTunes FESTIVAL

Vampire Weekend
September 15

Thirty Seconds to Mars
September 18

Robin Thicke
September 24

You and a friend. London, England. The biggest concert of the year.

The only way in is to WIN.

Enter for your chance to win a 3-day, 2-night trip for you and a friend to London, England and a pair of tickets to see Vampire Weekend, Thirty Seconds to Mars or Robin Thicke.

Every day in September, the biggest names in music hit the stage at the Roundhouse in London, England. You can watch them live for free on iTunes.

club metro

Enter to win at: Metronews.ca/iTunesFestival

Official partner for updates, tickets and more
Metronews.ca/iTunesFestival
#iTunesFestival

metro News worth sharing.

No purchase necessary. Contest open to residents of Canada excluding Quebec who have reached the age of 18 years or older. Odds of winning depend on the number of eligible entries received. To enter and for complete contest rules visit www.clubmetro.com

Harry Styles. ALL PHOTOS GETTY IMAGES

Bring on Mean: The Sequel, Styles ain't scared

Harry Styles knew what he was signing up for by dating Taylor Swift — and he's ready for the songs she'll likely write about him.

"It would be hypocritical for me to say she couldn't do it because everybody writes songs based on personal experiences," he tells Us Weekly. "I can't say I'd have dated someone less famous to avoid it. At least she's a great songwriter."

Zayn Malik

Zayn headed in one direction, down the aisle

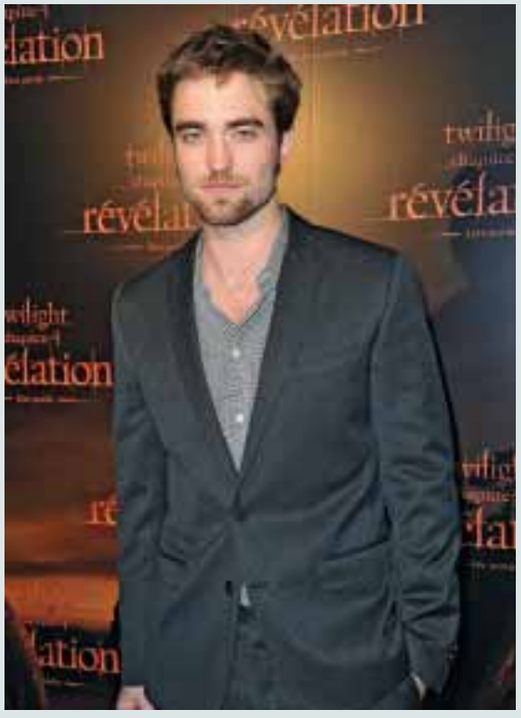
Days after news of his engagement to Little Mix singer Perrie Edwards broke, One Direction member Zayn Malik took to Twitter to share his feelings about the big news.

"Never been more happy in my life," he wrote. "Thank you to everyone that has been so lovely about my engagement to my beautiful fiancé."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Rich celebrity wants you to know it's not all that great

Robert Pattinson wants everyone to know that fame is not all it's cracked up to be.

"People don't realize how lonely you are," he tells GQ magazine.

"It's strange; you don't have a normal life anymore. You spend much time trying to fight it, but in the end you find another way to live."

And that's not all.

"When you become famous, it's easy for some people to hate you just because you are famous," he adds. "That's why, sometimes, you beat yourself up."

Twitter

@justinbieber
art is everywhere

@LilTunechi
Noticed I wasn't nominated nor involved n da MTV VMA's nor da BET awards...I apologize to my fans and I promise 2 work harder if it kills me

@WhitneyCummings
Jesus how many Sarsgaards are there?

Book excerpt

Online boss

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Basically, there is no better place to be the boss of your kids than in the world of social media. It's a privilege, not a right, for them to be there. Use your common sense and monitor them. Take, for instance, the concept of Facebook creeping. As a parent, this is a valuable management tool when it comes to finding out what your children are doing that they consider being brag-worthy. In other words, things they shouldn't be doing and don't want you to know about.

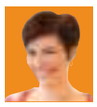
Should you discover any unsavoury material on their page — which could include drinking, damaging public property, tattooing, or, worst of all, dissing their mother — punish them without explaining why. This is a perfect opportunity to pull out the "If you have to ask why, then you truly must think I am stupider than I am." (You may not want to use stupider in this particular context.) Creep their friends too, and tell on them to their parents. They're the boss of their kids too, remember? **FROM KATHY BUCKWORTH'S I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, MCCLELLAND & STEWART, 2013, WHICH HAS BEEN OPTIONED BY WARNER BROTHERS TELEVISION.**

Exclusively online

"Why do you keep asking WHY?!" Read Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in bookstores across North America Sept. 10.

Back-to-school kitchen juggle

Michael Smith.
The chef, TV personality, writer, environmentalist and dad shares his tips



THERESA ALBERT
DHN, RNCP
myfriendinfood.com

Chef Michael Smith believes keeping it simple is key to surviving the back to school rush and the kitchen in general. COURTESY THERESA ALBERT

1. Smith's kids love to cook pancakes on the weekend, so they make a whole-grain batter, double it and use it up the next day for waffles. Seasonal fruits and homemade compote make quick, healthy breakfasts.

2. Decide that the kitchen is fun, not work. Don't worry about the cleanup part. Just create a system to make quick work of that too.

3. Serve all meals "family style" on platters to please everyone's palate and hunger level. The leftover components can be transformed into lunches.

4. Cook outside on the grill as long as you can while the weather is good. Grill a bunch of fish fillets, chicken breasts or legs at the same time and toss into salads.

5. Have a fridge shelf designated for fruit and chopped veggies, ready for the after-school rush. Kids are hungry at this time and you have more of a chance to "hit the mark."

6. While you are cooking dinner, put an extra pot on the back burner with veggie ends, peels and bones. This makes a very nourishing soup or broth for rice. Reduce it all the way down after straining and it can become a sauce.

7. Make baby food out of whatever you have on the go. Mash and jar, then freeze.

8. Cook your basics in advance when you have time. Quinoa, wild rice, beef, tomato sauce and the like do very well in the fridge throughout the week.

9. Have a neighbourhood baking rally. Trade off muffins, biscuits, breads and loaves to get everyone in on the process.

All in all, Smith believes removing every impediment and fear of cooking is key to getting back to basics (which is the name of his new cookbook, by the way ... go figure!) and surviving the back-to-school rush.

Clean-up system

Having a system to make cleanup easier encourages you to get into the kitchen more often. Smith shares these cleanup tips:

- **Dishwasher.** Smith is a big fan of a dishwasher that is clean and dishes that are spotless. He swears by Cascade Platinum because he doesn't have to rinse or hurry, so it saves time and effort.
- **On the go.** According to Smith, the discipline of "cleaning as you go" translates into better cooking. He believes that "every craft benefits from discipline."
- **In a bowl.** Use a garbage bowl for compost and dishes for all ingredients. It is more efficient and safer to stick dishes in the dishwasher than it is to clean the counter.
- **Wipe away.** Wipe baking spills from pans with a moist clean cloth before you bake so sugars don't burn. Small drops make bigger problems.
- **Maximize.** Have a dishwasher system that uses your dishwasher to the maximum. Stacking well also makes unloading a snap.

On the move? A guide for first timers

Afshin Rahimi was used to cooking and doing laundry while at home in Iran, but faced new challenges after leaving the country to study abroad.

"Before, my focus was more on my studies, but when I came here, I had to balance it," said the 25-year-old graduate student. "I had to go grocery shopping, I had to pay the bills. And on the side, I had to do assignments ... do the research, deal with the professors and all that."

Rahimi is currently completing his PhD in aerospace engineering at Ryerson University in Toronto, sharing a one-bedroom apartment a stone's throw from campus. Despite the challenges, Rahimi said the chance to live on his own has been beneficial in his personal development.

"You don't always have your parents to protect you, so you need to grow and learn how to protect yourself."

Even in their physical absence, parents can still lend key moral support to kids primed to leave the nest, said Cindy Babyn, author of Moving Out! A Young Adult's Guide to Living on Your Own (General Store Publishing House).

"They can frame moving out in a very positive manner, saying, 'Oh, this is a great opportunity for you,' while at the same time reminding them that they're just going to be one phone call away or one email away to help them out," she said.

The author also shared some tips for youngsters pondering or planning to live away from home.

"I would suggest youth really do spend time looking around the neighbourhood, around the apartment where they're going to be," said Babyn, adding that house hunters should determine proximity to transit, the laundromat and other essential services.

Managing money is also vital. "Besides the emotional stress of the unknown and going out on your own, one of the major stressors is the financial aspect," said Babyn. "Youth should know in advance that they are choosing to go into a place that they can afford."

In addition to making coffee and meals at home, Babyn recommended scaling back on gift-giving if money is tight.

Picking the right roommates before setting up house is also critical. Youth must be honest about who they are and their expectations for the home to ensure they're well-matched with roommates.

"If I want to go to bed at 10:30 p.m. and my roommate is just getting their energy up at 10 p.m. — so they want to walk around, they want to cook, they want to watch TV, and they want to turn on the music and it's one in the morning and you want to try to get your sleep — this is a recipe for disaster," she said. THE CANADIAN PRESS

Tomatoes, cheese and basil: the perfect trio for couscous

ROSE REISMAN
rosereisman.com

Israeli couscous is a small, round semolina pasta, different from the tiny, yellow North African couscous.

This recipe serves four. CONTRIBUTED/ ROSE REISMAN

Ingredients

- 1 cup (250 ml) Israeli couscous
- 1 cup (250 ml) diced Roma tomatoes
- 1/4 cup (60 ml) crumbled goat cheese (about 1 oz/30 g)
- 1/2 cup (125 ml) shredded Havarti cheese (1.5 oz)
- 1/3 cup (80 ml) chopped green onions
- 1/3 cup (80 ml) chopped fresh basil or parsley
- 2 tbsp (30 ml) grated Parmesan (or Asiago) cheese (0.5 oz)
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 ml) finely chopped garlic
- pinch of salt and pepper

It's often referred to as pearl pasta because of its shape and texture.

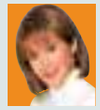
Although it is becoming more readily available, you may have to go to a specialty store to purchase it. You can substitute very small pasta.

1. Bring a large pot of salted water to a boil and add the Israeli couscous. Boil for about 8 minutes or just until couscous is tender. Drain well and add to a serving bowl.

2. Add the tomatoes, goat cheese, Havarti, green onions, basil, Parmesan, olive oil, garlic and salt and pepper. Toss well and serve warm.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

We all have cravings for something a little sweet sometimes, but biting into a certain sticky treat will cost you in calories, fat and sugar.

Cinnabon pecan cinnamon bun

1,080 calories/50 g fat/76 g sugar

One will cost you the majority of your calories, fat and double your daily sugar intake with no nutrients.

Equivalent

One Cinnabon pecan cinnamon bun is equal in fat to 13 mini Drumstick caramel ice cream cones.

Butter Tart

340 calories / 14 g fat / 27 g sugar

If you really need a treat, then choose the butter tart. It's not a good nutritional choice but is much lower in calories, fat and sugar.

Side. Lentil Tabbouleh

1. Bring a medium pot of salted water to a boil. Add the lentils and cook until al dente, about 15 minutes.

2. Use a mesh strainer to drain the lentils, then spread them in an even layer on a rimmed baking sheet. Transfer to the refrigerator to cool.

3. Meanwhile, in a large bowl, combine the parsley, thyme, oregano, garlic, celery, olives and red pepper. Set aside.

4. In bowl, whisk together the vinegar, lemon juice and olive oil. Drizzle the dressing over the herbs and vegetables, then mix thoroughly. Once the lentils have cooled (they don't need to be chilled, just no longer hot), add to the bowl and mix well. Season with salt and pepper, then sprinkle the almonds over the top. THE ASSOCIATED PRESS

Ingredients

- 2 cups dry green lentils
- Salt
- 1 cup chopped fresh parsley
- 2 tbsp chopped fresh thyme
- 2 tbsp chopped fresh oregano
- 4 cloves garlic, minced
- 3 stalks celery, diced
- 1/2 cup sliced Kalamata olives
- 1 red bell pepper, cored and diced
- 3 tbsp red wine vinegar
- 3 tbsp lemon juice
- 2 tbsp extra-virgin olive oil
- Ground black pepper
- 1/2 cup slivered almonds, toasted

Reimagining Ratatouille into a delicious grilled salad

1. Heat the grill to medium-high.

2. Using a paring knife, slice shallow slits into the cut sides of the eggplant halves. Drizzle eggplants with olive oil, then rub half of garlic and a sprinkle of salt and black pepper into the flesh. Brush the onion slices and the zucchini halves with a little more olive oil and sprinkle them with salt and pepper.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 small eggplants, halved lengthwise
- Olive oil
- 2 cloves garlic, minced, divided
- Salt and ground black pepper
- 1 large red onion, cut into 1/2-inch-thick slices
- 2 medium zucchini, halved lengthwise
- 1 pint cherry tomatoes
- 1 tbsp balsamic glaze
- 1 tbsp herbes de Provence
- Pinch red pepper flakes
- 1 red bell pepper
- 4 oz goat cheese, crumbled

3. Fold a large sheet of heavy duty foil into thirds the long way. Open the foil. Place the tomatoes in the middle third of the foil, then drizzle them with the balsamic glaze and 1 tablespoon olive oil. Sprinkle with the herbes de Provence, the remaining garlic, and the red pepper flakes. Stir gently to combine. Fold the foil closed, crimping the ends to make a packet.

4. Grill eggplant, onion slices, zucchini halves, tomato packet, and red bell pepper (left whole) for 7 to 10 minutes, or until the vegetables are charred and tender, and the tomatoes are juicy.

5. Place the red pepper in a brown paper bag and crimp the top closed. Set aside.

6. Dice eggplant, onion and zucchini and place in bowl. When pepper cools slightly, rub charred skin away, using paper bag to assist. Cut pepper into strips, discarding the core, and add to the other vegetables. Pour tomatoes and their juices over other vegetables and sprinkle with the goat cheese. Serve warm. THE ASSOCIATED PRESS

What dream careers may come...

Passion before pennies. Leaving a mark means more in this modern day than making millions

MAJA LUNDAGER
Metro World News

Get to thinking about greener pastures. Ask yourself: What excites you? What makes you get up in the morning? Try the potential paths you might want to follow and cross off the ones that didn't work for you. ISTOCK

Finding and pursuing a dream job seems like a big job unto itself — just getting by is overwhelming enough. In their book Build your Dreams: How To Make a Living Doing What You Love, Alexis Irvin and Chip Hiden collected advice from dream-chasing Americans who told them how they made it work and chased their passions.

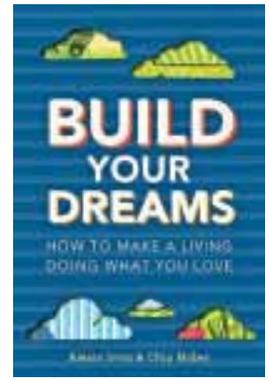
In 2009 Irvin and Hiden graduated from college and started working, but it didn't take long for the two to realize it wasn't the right choice for them. They quit their jobs, packed up their stuff and drove across America, interviewing successful people who had found work that they were passionate about. Their research turned into a movie called The Dream Share Project, which inspired their book of advice from their long trip.

In the past, work meant earning a salary and dreams were for your spare time. Why is having a dream job so important today?

Chip Hiden: The definition of how we define success, at least in America, is shifting somewhat. Today I think that people are finding that happiness also can drive what you do with the time you give to honest work. You (can) make a lasting contribution. And I think that young people are starting to think more about the legacy they will leave. What type of mark are you going to leave on the earth? We are not just thinking about money.

How much space does hunting for a dream job leave for other things in life?

Alexis Irvin: I think that it requires a lot of work, maybe for a long time, so it depends on where your priorities lie. Maybe there are a few years where you will be really career-focused, but then you can switch to another focus later on.



CH: One thing we have noticed is that people who pursue their dreams, as opposed to just doing a job to earn money, tend to be more happy and passionate. That happiness and passion reflects on other areas of their life, too. We have talked with so many dream chasers that are full-time parents and teachers (who are also) going to school as they pursue their dreams and I really don't think this whole myth that chasing your dream will consume your whole life is true.

Let's try one "what if'— question. What if you reach your limit before the goal?

CH: One thing that we found is that it's not necessarily obtaining whatever the goal is (that matters). It's more the journey along the way that is the really rewarding and exciting part. In our case we made the film, which was super exciting, and then we were like, 'OK. Now let's try to write a book.' Try to enjoy the journey and take some time to look around and realize that you are pursuing something you care about.

I'm uncertain about Junior's ensemble...

Clothed in concern. How to convey that less dress doesn't always impress

Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to lift up her arms, and if her shirt comes up above her belly, she's got to put a cami(sole) on or tank top."

As owner of online tween clothing boutique Sofiabella.ca — which also operates a retail store in North Vancouver —Grant makes a concerted effort to carry age-appropriate clothes and to offer alternatives to more suggestive or grown-up offerings targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 15-year-old daughter Sofia and sons Josh and Ben.

The smart way to style

Jennifer Kolari, a family therapist in Toronto, acknowledges that once youngsters reach their later teen years, parents can't engage in battles over clothing in the same manner as they did when children were younger.

- This is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the image or look they want to portray through their dress, she noted.

"So what the challenge is is in finding pieces that have the look of what's current but that's cut appropriately for their bodies and nothing that's going to be too sophisticated or too sexy."

While the '80s, off-the-shoulder look is in vogue, Grant said she aims to stay away from such selections as much as possible. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear tank tops with wider straps underneath to "get a bit of the look without going overboard."

Grant said she has engaged in a lot of open communication with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little cutoff jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your bra strap is showing or your belly is showing?

"Right or wrong, people make a judgement on what you are based on what you wear, especially (after) a first impression. Now that she's older, she understands it a lot more."

THE CANADIAN PRESS

Jays starter Mark Buehrle flips a grounder to first base for a seventh-inning out against the Astros on Sunday in Houston. PAT SULLIVAN/THE ASSOCIATED PRESS

Buehrle helps bring Blue Jays out of slide

MLB. Lefty showing proclivity for coming through when Toronto falls into tailspin

Toronto might start calling Mark Buehrle the streak buster.

For the second time this season, Buehrle ended a Blue Jays seven-game losing streak Sunday.

He allowed one run over eight innings and the Jays rallied for two runs in the ninth inning to walk away with a 2-1 win over the Houston Astros.

On Sunday

Blue Jays	Astros
2	1

Buehrle (10-7), who also ended the Jays' previous seven-game skid with a shutout against the Houston Astros on July 25, allowed seven hits and struck out seven in winning his fifth straight. He has allowed seven runs over 27 innings, spanning his last four starts.

"If you last long enough, good things are going to happen," Buehrle said. "It would be nice to get runs early on, but you have to tip your hat to their pitcher keeping the guys off balance when you got guys on, getting ground balls. Tip your hat to him for not letting us score. Again, we battled until the end. That's why you play 27 outs. We scored runs at the right time."

With the win, Buehrle has earned at least 10 wins in 13 straight seasons, which matches CC Sabathia for the longest active streak in the majors.

"I'd rather forgo some of the personal stuff for being in a better position than where we are right now," Buehrle said. "At the end of the day, when the season is over and you look at the season, I feel like I am having a decent season, but I have six or seven starts left, so I have to finish strongly and get as many wins as I can."

Casey Janssen pitched the ninth for his 23rd save.

Houston starter Dallas Keuchel gave up four hits and three walks with two strikeouts in seven innings.

THE ASSOCIATED PRESS

MLB

Towering homer sends Tigers to win

Miguel Cabrera hit a mammoth homer, Rick Porcello enjoyed a happy homecoming and the Detroit Tigers polished off a three-game sweep of the Mets with an 11-3 victory on Sunday in New York.

The AL Central-leading Tigers improved to 12-5 in interleague play and have won 34 of 49 overall, the best mark in the AL since July 2. THE ASSOCIATED PRESS

Golf

Scott good enough to grab Barclays; DeLaet second

Masters champion Adam Scott won The Barclays on Sunday after everyone around him did their best to lose it.

Scott played bogey-free and closed with a 5-under 66. He finished an hour before the final group, and watched from the locker-room at Liberty National in Jersey City, N.J.

Graham DeLaet of Weyburn, Sask., shared second place with Tiger Woods, Gary Woodland and Justin Rose with a low final-round score of 65.

THE ASSOCIATED PRESS

Adam Scott on Sunday in Jersey City, N.J. GETTY IMAGES

Ko knows winning the Canadian Open

Lydia Ko of New Zealand tees off on the 14th hole of the final round at the Canadian Open on Sunday in Edmonton. STEPHEN DUNN/GETTY IMAGES

Teenage golf phenom Lydia Ko made history Sunday at the CN Canadian Women's Open.

The 16-year-old from New Zealand shot a final-round 64 to finish at 15 under for a five-stroke victory over Karine Icher.

Ko became the youngest winner of an LPGA event last year when she won the Canadian Open at the Vancouver Golf Club at age 15. With Sunday's victory, she becomes the first amateur in history to win two LPGA events.

Ko started the day one shot back, but shredded the course at Royal Mayfair Golf Club in Edmonton with five birdies on the front nine and never looked back.

She had seven birdies in total and curled in a birdie putt from 16 feet out on the final hole to cap the day.

"I hit a really good drive on one and I kept it to the fairway, and I think that kind of got my momentum going," Ko said. "I was in a little bit more of a pressure position (as defending champion), so I was really happy with my 64."

Unfortunately winning is becoming an expensive proposition for Ko, who was born in South Korea but grew up in New Zealand.

As an amateur, she cannot accept the $300,000 first prize, which instead goes to Icher. Ko has played in 14 LPGA events over the last two years, leaving almost $1 million in prize money on the table. Ko said she's still considering asking the LPGA for an exemption to let her turn pro before she's 18.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may think you know all there is to know about a friend, but do you? Something you discover today will surprise you and require you to look at them in a new light. Maybe they're not so predictable.

♉ Taurus
April 21 - May 21
You have lots to do this week and you must get help. If you attempt to do it alone, you will most likely end up in a mess and get angry at the world.

♊ Gemini
May 22 - June 21
Make sure you know what is expected of you before you agree to take on more responsibility. You may be desperate to get ahead in your work or boost your income but it cannot be at any cost.

♋ Cancer
June 22 - July 23
Minor disagreements may get out of hand today, so try not to speak or act in a manner that could be seen as threatening. One minor spark could be all it takes to ignite a major blaze, so be extra careful.

♌ Leo
July 24 - Aug. 23
It's easy to blame others when things go wrong but on this occasion, the fault lies with you. Once you own up to that, you can find a way to put things right again. Others will help.

♍ Virgo
Aug. 24 - Sept. 23
You may be desperate to make a new start and the Sun in your sign makes it possible but don't push too hard today. Whatever choices you have in front of you there will be even better ones later in the week.

♎ Libra
Sept. 24 - Oct. 23
Venus in your sign is at odds with Uranus, planet of the unexpected, today, which suggests that someone close will be pushing to make changes. Let them. It's unlikely they will affect you.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry if you don't seem entirely "with it" at the moment. The challenges of the weekend have taken their toll and it may be a day before your mind is completely switched on again.

♐ Sagittarius
Nov. 23 - Dec. 21
There are a thousand and one things that need doing in your life and you know if you don't start on them now, they will never get done. Be ruthless in your time management.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to use shock tactics today but the planets warn it's not a good idea. You may even make things worse by provoking others to respond in kind.

♒ Aquarius
Jan. 21 - Feb. 19
You are right and everyone else is wrong. That's the way you look at it and no one is going to convince you otherwise. This time tomorrow though, you'll be having second thoughts.

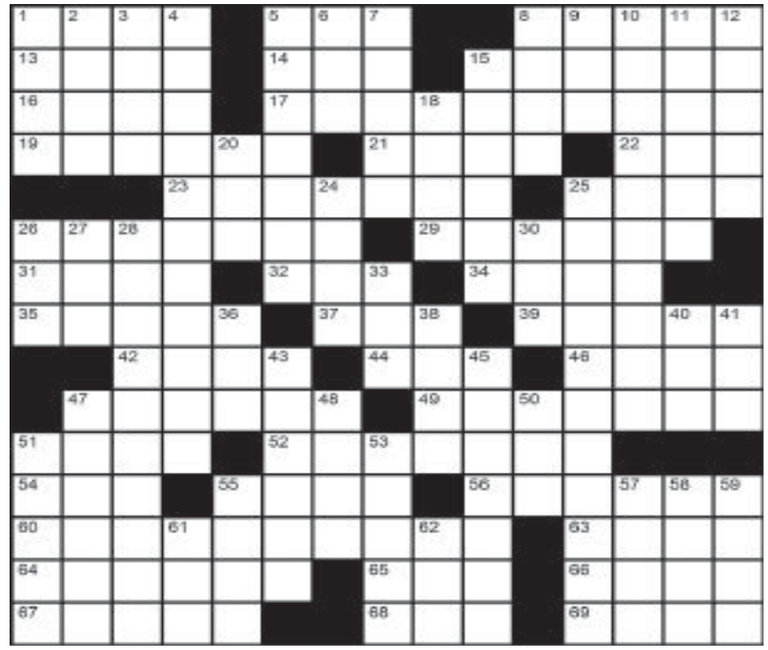
♓ Pisces
Feb. 20 - March 20
For some strange reason you fear the worst, even though there is no obvious reason why you should. Listen to your instincts but don't let them paralyze you into inaction. Just this once, they could be wrong.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

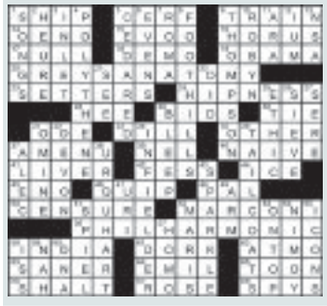
BY KELLY ANN BUCHANAN



Across
1. Type of lettuce
5. US airer of "Mad Men"
8. Lady's Disney dog co-star
13. Nabisco treat
14. Mauna __ (Hawaiian volcano)
15. Singer Justin
16. Harbinger
17. Rap act, __ & Ryan Lewis
19. From whence 'Canada' originates
21. Cocktails, Mai __
22. Hi-__ graphics
23. Popper-outer-of-pop, __ machine
25. Afflicts
26. Ms. Lansbury's
29. Scooby-Doo's master
31. Diving bird
32. Nero's 155
34. Ms. Spelling
35. Shindig
37. As written
39. Varieties
42. Couples
44. Ms. West
46. Organized†crime boss
47. Mom-portrayer on #8-Down, Meredith Baxter __
49. Banting and Best... Canadians who co-discovered what?
51. "Groove Is in the Heart" by __-Lite
52. City __ (Municipal body)
54. German 'I'
55. Water bird
56. Eye part
60. Cavity causer: 2 wds.
63. Les Etats-__ (United States, in French)
64. Villager, say
65. Around-the-track unit
66. Newfoundland's nickname, The __
67. Designer Mr. Cassini's
68. Approx.
69. Particular baa-ers

Down
1. Oprah's Club link
2. "__ la Douce" (1963)
3. "__ there, done that."
4. New __, Nfld.; or, Place __ (Montreal building)
5. The Old Farmer's __
6. Bygone bird
7. Prickly desert plants
8. Michael J. Fox sitcom, "Family __"
9. Shortened sleep state
10. APTN = __ Peoples Television Network
11. Just
12. Iron
15. Scourge
18. Wichita's li'l state
20. __ Aviv, Israel
24. Fast web connections
25. Farming
26. High peak
27. Cacharel perfume
28. 'Mr. Hockey', Canadian legend from Saskatoon: 2 wds.
30. Hunky-dory
33. Energy
36. Poetically far
38. Abel's brother
40. Printer resolution meas.
41. Bart, to Homer
43. Break from a group
45. Convert into secret code
47. Stay groovy: 2 wds.
48. Yesteryear
50. "Sprechen __ Deutsch?"
51. "Same here."
53. "Full House" character, __ Jesse
55. Not that
57. "_ __ pronounce you..." (Altar words)
58. Pleasant
59. Questions
61. 1987 to 1994 'Star Trek' series, to fans
62. Writer Mr. Milne's

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		3				9		
	9		2		6		7	
6	8						3	4
		5	3		4	6		
1								7
		2	5		9	8		
3	2						5	1
	4		8		3		2	
		6				3		

Friday's Sudoku

8	4	7	2	5	9	1	3	6
2	5	3	1	6	4	7	9	8
1	6	9	8	7	3	4	2	5
3	9	1	4	8	2	6	5	7
7	2	5	9	1	6	8	4	3
6	8	4	7	3	5	2	1	9
5	1	8	3	2	7	9	6	4
4	3	2	6	9	8	5	7	1
9	7	6	5	4	1	3	8	2

visit metronews.ca

metro

incredible... but true.

KIDS! GRANDMA! GET IN HERE!
What's up?
Clean ...
drinking water!
NO WAY!
You know what else? There's a park ...
with a slide ... and a swing.
Almost like... SOMEONE PUT IT THERE!
Check this out. Last night ...
I put out our garbage.
This morning ... GONE!
WHOA!
You guys do know that ...
those are all public services, right?
Uhh ... I knew that.

Public services make lives better every day.

CUPE Saskatchewan
Your Community Union

Go back to school with BlackBerry.

Get amazing BlackBerry superphones on Canada's largest LTE network – it's faster in more places.[1]

BlackBerry

BlackBerry® Q10
LTE superphone
2-yr term with
Voice & Data Plus plan

~~$149.95~~

NOW:

$79.95

$699.95 No term

BlackBerry® Q5
LTE superphone
2-yr term with
Voice & Data Lite plan

~~$99.95~~

NOW:

$49.95

$399.95 No term

BlackBerry® Z10
LTE superphone
2-yr term with
Voice & Data Plus plan

~~$179.95~~

NOW:

$49.95

$649.95 No term

Bell getting a superphone just got better

BONUS | DOUBLE YOUR DATA[2]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Offer ends September 30, 2013. Available with new activation within network coverage areas available from Bell Mobility; see bell.ca/coverage. Long distance and roaming charges (including foreign taxes) may apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Sask: $0.62, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.70, Quebec: $0.40), and one-time device activation ($35) apply. Fees may apply for applications, features, content and roaming when outside your local area. If you end your services early, a fee will apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. **(1)** Based on total square kms of coverage on the shared 4G LTE network available from Bell vs. Rogers LTE network. See bell.ca/LTE for details. **(2)** Available with new activation on $45 Voice & Data Lite Promo, $60 & $75 Voice & Data Lite, $85 & $105 Voice & Data Plus plans. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited.

Samsung Galaxy Note II™
LTE superphone

2-yr. term with
Voice & Data Plus plan

~~$179.95~~

NOW:

$99.95

$729.95 No term

Sony Xperia® Z
LTE superphone

2-yr. term with
Voice & Data Plus plan

~~$149.95~~

NOW:

$99.95

$649.95 No term

Samsung Galaxy S III™
LTE superphone

2-yr. term with
Voice & Data Plus plan

~~$129.95~~

NOW:

$49.95

$649.95 No term

BlackBerry® Z10
LTE superphone

2-yr. term with
Voice & Data Plus plan

~~$179.95~~

NOW:

$49.95

$649.95 No term

Bell getting a superphone just got better

BONUS | DOUBLE YOUR DATA[1]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Offer ends September 12, 2013. Available with new activation within network coverage areas available from Bell Mobility; see bell.ca/coverage. Long distance and roaming charges (including foreign taxes) may apply. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (Sask: $0.62, New Brunswick: $0.53, Nova Scotia: $0.43, P.E.I.: $0.70, Quebec: $0.40), and one-time device activation ($35) apply. Fees may apply for applications, features, content and roaming when outside your local area. If you end your services early, a fee will apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. **(1)** Available with new activation on $45 Voice & Data Lite Promo, $60 & $75 Voice & Data Lite, $85 & $105 Voice & Data Plus plans. Galaxy Note II and Galaxy S III are trademarks of Samsung Electronics Co., Ltd., used in Canada under license. BlackBerry® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. Xperia is a trademark or registered trademark of Sony Mobile Communications AB.